

Diabetes: What you need to know



Q: What is the difference between Type 1 and Type 2 diabetes?

A: People with Type 1 diabetes do not produce insulin, and rely on synthetic insulin. People with Type 2 diabetes do not produce enough insulin for the transfer of glucose into their cells.

Type 1 used to be called “juvenile diabetes” and Type 2 was called “adult-onset diabetes,” but with the growing rate of childhood obesity, more children are being diagnosed with Type 2 diabetes.

Q: Is diabetes serious?

A: Diabetes was the seventh-leading cause of U.S. deaths in 2017. It is also the main cause of kidney disease and amputations. If you have Type 2, you can reduce your health risks by controlling the condition.

Q: Is there a special diet for people with diabetes?

A: Not necessarily. Most people, even those without the condition, should eat a diet low in saturated fat, sugar and sodium, and high in fruits, vegetables, lean proteins and whole grains.

Q: I'm not overweight. Do I even need to worry about this?

A: Obesity is not the only risk factor for diabetes, and many people diagnosed with it are not overweight. That's why it's important to have your glucose levels tested during your annual physical.

If you need to find an in-network doctor, use the **Horizon Blue** app or visit **HorizonBlue.com/doctorfinder**. We want you to get the care you need, when you need it.



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>. Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

Sources: American Diabetes Association, Centers for Disease Control and Prevention

To get the app, text **GetApp** to **422-272** or download it from the App Store® or Google Play™. There is no charge to download the **Horizon Blue** app, but rates from your wireless carrier may apply. The App Store® is an online store and is a service mark of Apple, Inc. Google Play™ is a trademark of Google, Inc. This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. It is general in nature and is intended to provide you with an overview of the wellness topic to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2019 Horizon Blue Cross Blue Shield of New Jersey. EC004890C (1119)



HorizonBlue.com/shbp